

“BPW best place to increase emotional intelligence”

Dr. Antoinette Rüegg

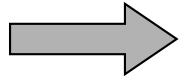
Past President BPW International

BPW International

Dr. Antoinette Rüegg, Past President, BPW International



BPW best place for emotional learning



ideal platform for **learning by experiences** or
for development of emotional intelligence

Emotional Intelligence develops:

- 1 by **EXPERIENCE**
- 2 **INDIVIDUALLY**
- 3 **LIFELONG**
- 4 by **TRUE** feelings
- 5 by **MISTAKES**
- 6 **DIFFERENT** to intellect

BPW offers

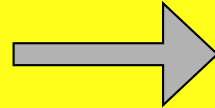
- 1 rich environment
- 2 immense variety
- 3 multiple tasks
- 4 voluntary work
- 5 friendship
- 6 efficient learning methods

BPW International

Dr. Antoinette Rüegg, Past President, BPW International



1 By experience



rich environment

- Professions
- Characters
- Ages
- Cultures
- Political Views
- Religions
- Languages
- Group dynamics

BPW International

Dr. Antoinette Rüegg, Past President, BPW International



2 Individually → immense **VARIETY**

- on local, national and international level
- contacts with politicians, media, sponsors, UN, etc.
- in long term relationships



3 Lifelong → multiple **TASKS**

- being an officer
- managing projects
- organizing events
- giving presentations
- using new techniques
- respecting constitutions and democratic rules
- budgeting
- successful fundraising
- solving conflicts
- giving interviews
- writing articles, reports
- contacting VIPs



4 True feelings → voluntary work

NO SALARY means
COMPENSATION by true **MOTIVATION**

Important are:

- interesting tasks
- good working atmosphere
- cooperation
- respect, appreciation, flexibility

BPW International

Dr. Antoinette Rüegg, Past President, BPW International



5 Mistakes → friendly atmosphere

- atmosphere of encouragement
- goodwill critics
- open exchange possible
- exchange of successes AND failures



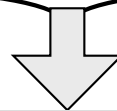
6 → Most efficient **LEARNING METHODS**

- Learning by doing
- Learning by role models
- “Just in time” Learning
- Learning by teaching



“What can I get from BPW?”

- 1 Rich environment
- 2 Immense variety
- 3 Multiple tasks
- 4 Voluntary work
- 5 Friendly atmosphere
- 6 Most efficient learning methods



BPW = “UNIVERSITY” for emotional competences

BPW International

Dr. Antoinette Rüegg, Past President, BPW International

